



The Mental Bar
COFFEE · TEA · WELLNESS

San Diego Restaurant Week 2023

LUNCH MENU

\$35

INCLUDES YOUR CHOICE OF 1 ITEM FOR EACH COURSE
PAIRED WITH YOUR CHOICE OF DRINK (MERLOT OR LEMONADE:
STRAWBERRY, WATERMELON, OR BLUEBERRY LAVENDER)

FIRST COURSE

SALAD

LETTUCE, TOMATO, SHREDDED CHEDDAR CHEESE, RED ONION

OR

DANI'S WINGS

BBQ OR BUFFALO (5PC)

SECOND COURSE

DANI'S FLATBREAD

BBQ CHICKEN, PEPPERONI, OR CHEESE

OR

BLT

MAYO, RED ONION, BACON, TOMATO, LETTUCE, ON SOURDOUGH

OR

ALT

CREAM CHEESE, AVOCADO, RED ONION, TOMATO, LETTUCE, CHEDDAR CHEESE
ON MULTIGRAIN WHEAT

THIRD COURSE

AFFOGATO

VANILLA ICE CREAM AND TWO SHOTS OF ESPRESSO

OR

APPLE DANISH

WITH TWO SCOOPS OF VANILLA ICE CREAM

OR

COLD BREW FLOAT

COLD BREW WITH VANILLA ICE CREAM